



Cooking Guide

This Cooking Guide is a quick reference for using the new Advantium 120 oven and its innovative Speedcook technology. It guides you through the many cooking options, making it easy to take advantage of the Advantium oven's remarkable speed and versatility.

Speedcook Quick Start

- STEP 1** Press the SPEEDCOOK button.
- STEP 2** Turn the dial to FOOD MENU to cook preprogrammed food items. Press the dial to enter.
- STEP 3** Turn and press the dial to select the type of food you want.
- STEP 4** Turn the dial again to select the specific food. Press the dial to enter it.

- STEP 5** Turn the dial to select the amount, size and/or doneness (if required, the oven will prompt you). Press the dial after each selection.
- STEP 6** Once the display shows "START," either press the dial or start button to begin cooking.

NOTE: For first-time oven use, clock must be set prior to oven operation.

Oven/Bake Quick Start

WITH PREHEATING

- STEP 1** Press the OVEN/BAKE button.
- STEP 2** Turn the dial to set the oven temperature and press dial to start preheating. Do not place the food in the oven. (You will be prompted to enter the cook time after the oven is preheated.)
- STEP 3** Press the START/PAUSE button to start preheating.
- STEP 4** When the oven is finished preheating, it will signal. If you do not open the door within 1 hour, the oven will turn off automatically. Open the oven door and, using caution, place the food in the oven.
- STEP 5** Close the oven door. Turn the dial to set the cook time and press START/PAUSE to start cooking. When cooking is complete, the oven will signal and turn off.

WITHOUT PREHEATING

- STEP 1** If your recipe does not require preheating, press the OVEN/BAKE button.
- STEP 2** Turn the dial to set the oven temperature and press to enter.
- STEP 3** To bypass preheating, press the dial again.
- STEP 4** Turn the dial to set the cook time and press to enter.
- STEP 5** Place the food in the oven, and press the START/PAUSE button to start the oven.

Warming Quick Start

- STEP 1** Press the WARM/REHEAT button.
- STEP 2** Turn the dial to select WARMING. Press the dial to enter.

- STEP 3** Turn the dial to select the oven temperature.
 - LOW140-160°F
 - MEDIUM160-195°F
 - HIGH195-230°F

- STEP 4** Turn the dial to select the level of moisture you want. Press the dial to enter.

Microwave Quick Start

MICROWAVING WITH MICRO EXPRESS

Press MICRO EXPRESS for 30 second increments of microwave cooking time. The oven starts immediately. You may add or subtract time by turning the dial. You may also add time in 30 second increments by pressing MICRO EXPRESS.

USING PRESET MICROWAVE SELECTIONS

- STEP 1** Press the MICROWAVE button.
- STEP 2** Turn the dial to find the food or desired setting. Press the dial to enter.
- STEP 3** If required, the oven will prompt you to select amount, weight or size. Turn the dial and press after each selection.
- STEP 4** Press the dial or the START/PAUSE button to start cooking.

Speedcook Food Menu Guide

Advantium is already preset to cook more than 100 of America's favorite dishes. When speedcooking preset foods, refer to the following guide. This listing includes all of the preset food types, the brands that we tested and helpful cooking tips.

Preset Foods	Cooking Tip	Brands Tested
Biscuits , frozen Biscuits , refrigerated Large – 8	Place 1 biscuit in center and 7 surrounding it on black metal tray. Place in circle around black metal tray.	Pillsbury Big Country®, Kroger Jumbo Buttermilk, Pillsbury Grands®
Large – 5	Place in circle around black metal tray.	
Small – 10-12	Place 2 biscuits in center and 8 around them on black metal tray.	Hungry Jack® Flaky Layer
Small – 5-6	Same as large biscuits	Kroger Home-Style, Pillsbury 1869®, Pillsbury Buttermilk, Kroger Buttermilk
Bread , refrigerated	Cut loaf in half, lengthwise. Follow package directions for greasing.	Pillsbury
Breadsticks , refrigerated	Remove all wrappings.	Pillsbury Garlic, Kroger Soft
Cornbread Sticks , frozen	Arrange in spoke pattern on black metal tray.	Pillsbury
Crescent Rolls , refrigerated Large Small 4 8	Arrange in spoke pattern on black metal tray.	Pillsbury Pillsbury, Pillsbury Reduced Fat, Kroger
Garlic/Cheese Bread , frozen	Remove all wrappings. Cut whole loaves in half.	Kroger, Meijer®, Cole's®, Pepperidge Farm®
Texas Toast , frozen		Texas Toast

BREADS

Preset Foods	Cooking Tip	Brands Tested
Belgian Waffles , frozen		Belgian Chef®
Breakfast Burritos , frozen		Old El Paso, Swanson
Breakfast Pizza , frozen	When cooking 4 pizzas, one may extend over edge of black metal tray.	Red Baron, Western Scramble
Cinnamon Rolls , refrigerated Large Small 5 8	Place in circle on black metal tray.	Pillsbury Pillsbury, Pillsbury Reduced Fat,
Coffee Cake	Remove from metal packaging.	Sara Lee
French Toast , frozen 1-4 Pieces		Mumy's
Pancakes , frozen	Arrange in single layer on black metal tray.	Pillsbury Buttermilk, Aunt Jemima®, Hungry Jack
Sausage Biscuits Mini Regular		
Sausage Links	Turn over during last two minutes.	Bob Evans
Sausage Patties	1/2" thick.	Bob Evans
Strudels , frozen		Pillsbury
Waffles , frozen		Pillsbury Buttermilk, Aunt Jemima®, Hungry Jack, Eggo®, Kellogg®
Waffle Sticks , frozen		Churro Brand

BREAKFAST

Preset Foods	Cooking Tip	Brands Tested
Filet Mignon	Bacon wrapped around filet may cause smoking.	
Hamburger	Leaner ground beef will reduce spattering during cooking.	
Lamb Chops		
Pork Chops	Add sauces during last 2-3 minutes.	
Steaks Ribeye Sirloin Strip T-Bone		
Tenderloin Beef Pork	Slash fat to prevent curling.	

MEATS

Preset Foods	Cooking Tip	Brands Tested
Breaded Fish , frozen		Mrs. Paul's®, Gorton's®
Cod Fillets	Brush fish with olive or vegetable oil.	
Fish Sticks , frozen		Mrs. Paul's, Gorton's
Lobster Tail	Remove soft undercover with scissors, slightly crack hard upper shell so tail lies flat. Oil meat.	
Salmon Fillets	Lightly oil fish with olive oil. Tips of salmon should be interlocked to prevent overcooking. Maximum thickness – 1-1/2"	
Sea Bass	Brush fish with olive or vegetable oil.	
Shellfish	Place shrimp in single layer on black metal tray without overlapping. Cook in or out of shell.	
Swordfish Steaks	Maximum thickness – 1-1/2"	
Talapia	Brush fish with olive or vegetable oil.	
Tuna Steaks	Brush fish with olive or vegetable oil.	
Whitefish Fillets	Brush fish with olive or vegetable oil.	

SEAFOOD

Preset Foods	Cooking Tip	Brands Tested
Deli/Fresh	Oven will signal to check doneness at minimum time. Increase time as needed in 15 second increments.	Kroger
Pizza Shell , filled		Boboli®, Kroger
Regular Crust , frozen		Tombstone®, Kroger, Red Baron®
Rising Crust , frozen		Freschetta®, DiGiorno®

PIZZA

Preset Foods	Cooking Tip	Brands Tested
Bagel Bites™	Arrange pieces in center of black metal tray.	Ore Ida®
Cheese Sticks , frozen	Filling may leak out as in conventional cooking.	Ore Ida, Farm Rich
Jalapeno Poppers		Ore Ida, Farm Rich
Meatballs		Armour
Mini Egg Rolls , frozen		La Choy®
Mini Nachos , frozen		Totino's
Onion Rings , frozen	Arrange in single layer; turn over after 1/2 of cooking time. For crisper texture, increase time in 15 second increments.	Ore Ida, Kroger, Farm Rich
Other Bite-Size Pizza Rolls , frozen	Filling may leak out as in conventional cooking.	Totino's, Jeno's
Soft Pretzels		Super Pretzel

SNACKS

	Preset Foods	Cooking Tip	Brands Tested
CHICKEN	Bone-In Pieces	Small pieces cook faster; remove from oven as cooking is completed.	Purdue®, Holly Farms®, Kroger
	Boneless Breasts		Tyson®
	Fingers , frozen	Arrange in single layer.	Tyson
	Fried Chicken , frozen	Small pieces cook faster; remove from oven as cooking is completed.	Tyson, Banquet®, Kroger
	Nuggets , frozen	Arrange in single layer.	Ore Ida, Kroger, Farm Rich
	Patties , frozen		
	Tenders , frozen		Coming Home®
	Whole Chicken	For chickens larger than 5 lbs., add 5 minutes/lb.	Purdue, Holly Farms, Kroger
	Wings , frozen	Barbecue sauce burns easily; do not overcook.	Tyson Barbecue

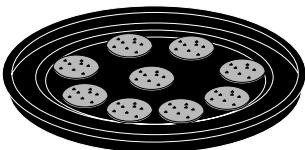
	Preset Foods	Cooking Tip	Brands Tested
POTATOES	Baked Yams	Pierce skin with fork in several places. Select appropriate size for best cooking results.	
	French Fries , frozen	For crisper texture, increase time in 15 second increments. Follow package directions for serving size.	Ore Ida, Kroger
	Crinkle Fries		
	Coated Fries		
	Regular Fries		
	Steak Fries		
	Frozen Nugget		Ore Ida
	Waffle Fries , frozen		

	Preset Foods	Cooking Tip	Brands Tested
DESSERTS	Churros , frozen		
	Cobbler , fresh		Scratch
	Cobbler , frozen		
	Cookie Dough , frozen	Do not thaw before baking.	Otis Spunkmeyer®
	Cookie Dough , refrigerated Teaspoon-Size Drops	Place 4 in center and 8 around edge of black metal tray. Follow package directions for cooling.	Pillsbury, Kroger, Pillsbury Reduced Fat, Kroger Reduced Fat
	Tablespoon-Size Drops	Place 1 in center and 4 around edge or 5 around edge of black metal tray. Follow package directions for cooling.	Pillsbury Pucks
			Nestle Break n Bake
	Pie Crust , refrigerated	Prick bottom and sides of unbaked crust with fork.	Pillsbury
	Turnovers , frozen		Pepperidge Farm
	Turnovers , refrigerated		Pillsbury

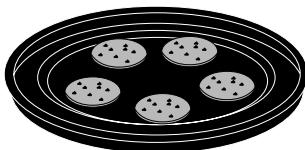
	Preset Foods	Cooking Tip	Brands Tested
SANDWICH/MEAL	Burritos , frozen	Filling may leak out as in conventional cooking.	Marquez®, Old El Paso
	Calzone		Sara Lee
	Chimichanga		El Monterey
	Corn Dogs , frozen		State Fair®, Kahn's®, Meijer
	Crescent Roll Hot Dogs	Arrange in spoke pattern on black metal tray.	Pillsbury, Pillsbury Reduced Fat
	Egg Rolls		Pagoda
	Grilled Sandwiches	Butter both outer sides of bread before cooking.	Wheat, White and Rye Breads
	Hot Dog/Bun		
	Pocket Sandwiches	Remove sandwich from paper sleeve.	Hot Pockets®, Lean Cuisine®
	Quesadillas		Scratch
	Taquitos		El Monterey

Food Placement

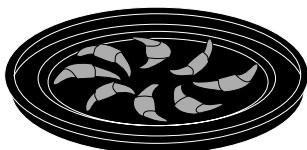
To ensure consistent and even browning when cooking foods directly on the black metal tray, arrange food as shown below. **Foods can touch but should not overlap.**



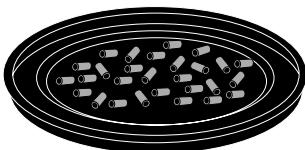
Circular Pattern
(ex: biscuits, cookies)



Circular Pattern
(ex: biscuits, cookies, meats)



Spoke Pattern
(ex: crescent rolls, breadsticks)



Single Layer
(ex: appetizers)

Cookware Suggestions

- Place food or oven-safe cookware directly on the black metal tray when using the SPEEDCOOK or OVEN/BAKE modes.
- SPEEDCOOK cookware — In addition to the black metal tray provided, you can use non-metal casserole dishes, pie plates and other heat-safe cookware. Place them directly on the black metal tray.
- OVEN/BAKE cookware — Place food or oven-safe cookware directly on the black metal tray. Muffin pans, cake pans, and other metal cookware may be used in this mode ONLY.
- MICROWAVE cookware — The glass microwave tray should always be in place when microwaving. Be sure to use cookware that is suitable for microwave cooking.

See your owner's manual for additional cookware information.

Recipe Adapting

When adapting your favorite recipes for the Advantium 120 oven, use the following chart as a guide. You may also find it helpful to refer to a similar recipe in the Advantium 120 cookbook to determine cook time and U/L settings.

Food	Conventional Oven Temp/Time	Advantium 120 Cooking Time	Advantium Power Level Settings	Cookware Suggestion	Cooking Tip
Beef					
Roast	325°		U=LO L=HI	4 qt. casserole, no lid, on black metal tray	No need to turn meat.
Rare	18 min./lb.	14 min./lb.			
Medium	20 min./lb.	15 min./lb.			
Well Done	22 min./lb.	16 min./lb.			
Meat Loaf (1-1/2 lbs.)	350°/1-1/4 hrs.	35 min.	U=MED LO L=HI	Glass loaf dish on black metal tray	For 2 lb. loaves add 5 minutes.
Pork					
Boneless Pork Loin (2 to 2-1/2 lbs.)	325°/30 min./lb.	19 to 22 min./lb.	U=LO L=LO	4 qt. casserole, no lid, on black metal tray	Check doneness with meat thermometer.
Tenderloin	375°/30 min./lb.	24 to 27 min./lb.	U=MED L=HI		Turn meat over during last 10 minutes.
Pork Chops (3 to 4)					
3/4 inch thick	350°/40 min./lb.	15 min.	U=LO L=HI	Black metal tray	Turn chops over with 10 minutes left.
1 inch thick	350°/50 min./lb.	18 min.	U=LO L=HI	Black metal tray	Turn chops over with 10 minutes left.
Lamb					
Leg of Lamb (3 to 3-1/2 lbs.)	325°/30 min./lb.	14 to 15 min./lb.	U=LO L=HI		Turn meat over after half time.
Poultry					
Whole Chicken	375°				
2 to 3 lbs.	28 min./lb.	13 to 18 min./lb.	U=LO L=LO	3- or 5-qt. glass casserole & cover, on black metal tray. Add 1.5 lb. of veggies with 15 minutes left.	
4 to 5 lbs.	24 min./lb.	9 to 12 min./lb.			
Over 5 lbs.	25 min./lb.	Add 5 min./lb.			
Pieces					
(in sauce)	375°/55 min.	35 min.	U=LO L=LO	1-1/2 or 2-qt. glass casserole & cover, on black metal tray	
(crumb-coated)	375°/45 min.	20 min.	U=LO L=HI	Black metal tray	
Beef					
Steaks (2-boneless)	Broil		U=LO L=HI		
1/2 inch- medium well	8-10 min.	14 min.		Black metal tray	Turn over with 6 minutes remaining.
1 inch- medium well	10-12 min.	19 min.			
13-17 min.	13-17 min.	17 min.			
18-22 min.	18-22 min.	22 min.			
Steak (2-with bone)					
1/2 inch- medium well	8-10 min.	12 min.	U=MED LO L=LO		
1 inch- medium well	10-12 min.	17 min.			
13-17 min.	13-17 min.	15 min.			
18-22 min.	18-22 min.	20 min.			
Fish					
Steaks (2) (1 inch)	Broil				Turn fish over with 5 minutes left.
Fillets (2)	12-18 min.	12 min.	U=MED LO L=LO		
	8-9 min.	14 min.	U=MED LO L=LO		Brush black metal tray lightly with oil to prevent sticking.
Lamb					
Chops (6)	Broil		U=MED L=HI		
1 inch medium	8-10 min.	18 min.			Turn over after 12 minutes.
Breads					
Biscuits (scratch/mix)	450°/12 min.	14 min.	U=HI L=L0	Black metal tray	
Coffee Cake	350°/35 min.	20 min.	U=MED L=HI	8" square glass dish on black metal tray	
Corn Bread	425°/25 min.	17 min.	U=MED L=HI	8" square glass dish on black metal tray	
Muffins	400°/20 min.	17 min.	U=MED HI L=L0	6-cup metal muffin pan on black metal tray	Use M=00 when cooking in metal muffin pan.
Desserts					
Cakes (heavy batter)	350°/45 min.	25 min.	U=MED LO L=LO	8" square or 11" x 7" glass dish on black metal tray	
Cakes (light batter)	350°/30 min.	20 min.	U=MED HI L=LO	8 or 9 inch round metal pan on black metal tray	
Cookies (drop or shaped)	375°/10 min.	9 min.	U=MED L=LO	Black metal tray	Cool black metal trays to room temperature between runs. Each successive run may cook slightly faster.
Pies					
Cookies (bar)	350°/30 min.	19 min.	U=MED L=HI	8" square glass dish on black metal tray	Cool before cutting.
Pies (one crust)	400°/45 min.	34 min.	U=MED L=HI	9" glass pie plate on black metal tray	Do not shield fluted edge during cooking.
Casseroles					
Main Dish	350°/40 min.	23 min.	U=LO L=L0	1-1/2 to 2-qt. glass dish on black metal tray	Add cheese or crumb toppings during last 5 minutes.
Vegetable					
Cooked Ingredients	350°/30 min.	15 min.	U=LO L=L0		
Uncooked Ingredients	350°/50-60 min.	35 min.	U=LO L=L0		
Eggs and Cheese					
Macaroni and Cheese	350°/30 min.	25 min.	U=MED LO L=L0		
Quiche	350°/40 min.	25 min.	U=LO L=HI	9" glass pie plate on black metal tray	Let stand 10 minutes before cutting.
Soufflé	350°/50 min.	20 min.	U=LO L=HI	2- to 2-1/2 qt. glass soufflé dish on black metal tray	



GE Appliances

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